

Asthma Education Materials for Adults

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Living Well with Asthma

This 6-panel brochure covers taking medications, using an inhaler, reducing indoor triggers, avoiding outdoor triggers, staying active, and peak flow monitoring.

____ 30 copies

All about Asthma/Asthma and Your Child

This "flip book" has information for children with asthma on one side and their parents on the other. The children's section includes puzzles and games about asthma alongside educational information. The parent's section covers asthma basics, medications and triggers.

[Click here to view booklet cover](#)

____ 30 copies

Asthma....At My Age? Facts about asthma for older Americans

This brochure is aimed specifically at older adults with asthma. It covers asthma basics, asthma action plans and medications.

[Click here to view brochure cover](#)

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Asthma: A Self-Care Guide

This 32-page workbook is designed to help adult patients develop and achieve self management goals. The workbook includes space to develop an asthma action plan, maintain a symptom diary, and create an exercise plan.

[Click here to view booklet](#)

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My Asthma Wallet Card

This pocket-sized wallet card has space to write in the patient's medications, peak flow numbers, and information for their doctor and emergency contact. A mini asthma action plan, it helps patients stay attuned to their important asthma-related information.

[Click here to view card](#)

____ 30 copies

Montana Asthma Project Education Curriculum

This 28-page curriculum is a comprehensive look at asthma, its triggers, and self-management techniques. The back cover is a stand, so that the patient sees the full-color picture and you see the corresponding talking points. The simple language is appropriate for kids and for adults with low-literacy skills.

____ 1 copy

Please send the materials I've requested to:

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All patient materials are provided free of charge to Montana healthcare providers by the Montana Asthma Control Program. To request more than 30 copies or for more information e-mail Katie Loveland at kloveland@mt.gov or call 444-7304.